

# HIGH SOBRIETY

2215 S. El Camino Real, Suite 204  
San Mateo, CA 94403

Monthly newsletter of the  
SAN MATEO COUNTY FELLOWSHIP  
OF AA

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*December 2020*

## SMC Fellowship News

### The Year in Review

As this crazy year comes to a close, we will invariably be inundated with "Year in Review" columns and stories, and I'm sure most of them will not be terribly positive. But here in Alcoholics Anonymous, we learn that nothing happens in God's world by mistake, to accept the bad with the good, and that it is during our darkest times that we grow and learn our greatest lessons. I have also learned to look for the silver lining in all situations. So here is my Year in Review – AA style.

I am hard pressed to find something good about a worldwide pandemic, but Alcoholics Anonymous' *response* to the pandemic has been nothing short of incredible. As the world was told to shelter in place, virtual meetings began popping up all over the planet on platforms like Zoom. We could continue to attend many of our regular meetings from the safety of our homes (or cars, or jobs...). Our Central Office also stepped up to the task, keeping our website constantly updated with the latest meetings to go online as well as information on hosting virtual meetings safely. Members who had never even heard of Zoom at the beginning of the year were suddenly hosting meetings. As the world began to shut down, AAs adapted and continued to carry the message.

I know some are not fond of the virtual meetings (I definitely miss the hugs!), but there have been some good things to come from them. Members who are homebound or otherwise unable to get to meetings are now able to attend meetings whenever they like. And as a fun, added benefit, anyone can now attend a meeting virtually anywhere in the world! As a result, we have gotten to meet AAs that we otherwise would have never crossed paths with. We are able to hear wonderful speakers we have never heard before. And one of my favorite benefits has been the ability to once again attend meetings with friends who have moved away. We just had our first ever virtual Thanksgiving Alkathon and it was amazing! Christmas and New Year's should be just as good if not better!

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So, while there is much of 2020 that I wish I could just forget, Alcoholics Anonymous persevered and flourished and for that I am truly grateful.

### In Memorium...

This year our Central Office family lost two of its long-time volunteers, Tom Bridgman and Garry Nadell. Both gave many hours of their time serving our fellowship for which we are greatly appreciative. They will be deeply missed.

## Monthly Service Committee Meetings

**BRIDGING THE GAP** December 7, 7:30 on Zoom  
Meeting ID: 639 547 0157 Passcode: 54321 Dial in: 1-669-900-9128

**DELEGATES TO CENTRAL OFFICE** December 8th, 7:30pm on Zoom  
Meeting ID: 843 4248 4626, To phone in: +1-669-900-6833

**PI/CPC** November 15th, 6:30pm on Zoom  
Meeting ID: 731 7563 0968, Password: 7Hs3YE

**GENERAL SERVICE** November 15th on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting  
Meeting ID: 752 6058 2164, Password: 096224. To phone in: +1-669-900-9128

**PENNYPAA (Peninsula Young People in AA)** cxl'd until further notice  
**H&I (Hospitals & Institutions)** cxl'd until further notice  
**TELESERVICE** cxl'd until further notice



## 2020/21 HOLIDAY ALKATHONS

**Zoom ID: 892 5541 1525** For more information, please go to: [www.alkathonsmc.org](http://www.alkathonsmc.org)

### CHRISTMAS ALKATHON

#### Thursday, 12/24/2020

**12:00 PM**-The 10:10 Group-Palo Alto, CA, USA  
**2:00 PM**-San Carlos Beginners Meeting-San Carlos, CA,  
**4:00 PM**-Burlingame Tuesday Night-Burlingame, CA, USA  
**6:00 PM**-Any Lengths-Burlingame, CA, USA  
**8:00 PM**-Tuesday Belmont Noon-Belmont, CA, USA  
**10:00 PM**-Foster City Men's Sharing-Foster City, CA,

#### Friday, 12/25/2020 CHRISTMAS DAY

**12:00 AM**-Just For Today Group-Bali, Indonesia  
**2:00 AM**-Macclesfield, UK Wednesday-England  
**4:00 AM**-Panjim Group-Goa, India  
**6:00 AM**-The Crossroads-Chicago, IL, USA  
**8:00 AM**-Don't Drink Go to Meetings-Redwood City, CA,  
**10:00 AM**-Foster City Living Sober Group-Foster City, CA,  
**12:00 PM**-Grass Valley Irregulars Fellowship-Grass Valley,  
**2:00 PM**-Daily Reflections Women's Discussion-San Bruno,  
**4:00 PM**-Serenity Group-San Mateo, CA, USA  
**6:00 PM**-Foster City Living Sober Women's SAT-Foster City,  
**8:00 PM**-San Carlos Peninsula Fellowship-San Carlos, CA,  
**10:00 PM**-12@6 Group-Pacifica, CA, USA

#### Saturday 12/26/2020

**12:00 AM**-Come on Down-Sydney, Australia  
**2:00 AM**-Working With Others-Melbourne, Australia  
**4:00 AM**-Women's 164-Melbourne, Australia  
**6:00 AM**-Rozelle Big Book Study-Australia  
**8:00 AM**-Daily AA 11th Step Meditation Santa Monica-Santa Monica, CA, USA  
**10:00 AM**-Saturday Sand Hill-Menlo Park, CA, USA  
**12:00 PM**-Millbrae Group-San Bruno, CA,

### NEW YEAR'S ALKATHON

#### Thursday, 12/31/2020

**12:00 PM**-Sequoia Recovery Group-San Carlos, CA, USA  
**2:00 PM**-Any Lengths-Burlingame, CA, USA  
**4:00 PM**-3rd & 11th Step Meeting-Burlingame, CA, USA  
**6:00 PM**-Saturday Sand Hill-Menlo Park, CA, USA  
**8:00 PM**-Serenity Group-San Mateo, CA, USA  
**10:00 PM**-Daily Reflections Women's Discussion-San Bruno,

#### Friday, 1/1/2021 New Year's Day

**12:00 AM**-Day At A Time-San Carlos, CA, USA  
**2:00 AM**-San Carlos Awareness-San Carlos, CA, USA  
**4:00 AM**-TBD\*  
**6:00 AM**-San Carlos Beginners, San Carlos, CA, USA  
**8:00 AM**-Women's Traveling Home Group-Traveling  
**10:00 AM**-San Carlos Peninsula Fellowship-San Carlos, CA,  
**12:00 PM**-Foster City Men's Sharing-Foster City, CA, USA  
**2:00 PM**-Founder Day  
**4:00 PM**-Foster City Living Sober Group-Foster City, CA,  
**6:00 PM**-Broken Elevator West AA MTG-Redwood City, CA,  
**8:00 PM**-Sundowners-San Mateo, CA, USA  
**10:00 PM**-Study the Text-Foster City, CA, USA

#### Saturday 1/2/2021

**12:00 AM**-Int'l Majilis Group-Cairo, Egypt  
**2:00 AM**-Int'l Majilis Group-Cairo, Egypt  
**4:00 AM**-Abu Dhabi Women's Group-United Arab Emirates, Asia  
**6:00 AM**-Tokyo Young People-Tokyo, Japan  
**8:00 AM**-Mid-Peninsula Women's Group-San Mateo, CA,  
**10:00 AM**-Ham & Eggers-Burlingame, CA, USA  
**12:00 PM**-Big Book 103 North-Foster City, CA, USA

## What does *our* Central Office do?

The San Mateo County Fellowship's Central Office belongs to the A.A. groups of San Mateo County. We help carry A.A.'s message in the following ways (and more):

- ❖ Maintain a 24/7 telephone line which responds to inquiries from still-suffering alcoholics seeking help, A.A. members in need of information, and from members of the professional community and the general public. After office hours, this line is staffed by Teleservice volunteers.
- ❖ Maintain a Twelfth Step volunteer list.
- ❖ Maintain and publish group meeting schedules, in print, on our website, and in the Meeting Guide App.
- ❖ We stock a large selection books and pamphlets for sale (many are available in Spanish).
- ❖ We offer sobriety chips for sale, for both individuals and groups.
- ❖ We work closely with local A.A. service committees: Bridging the Gap, Hospitals and Institutions, Public Information/Cooperation with the Professional Community, as well as with San Mateo County General Service District 5 and the Northern California Council of Alcoholics Anonymous
- ❖ We support and participate in many local A.A. events such as Unity Day and the holiday Alkathons.
- ❖ We maintain our web site, *aa-san-mateo.org*, with up-to-date meeting listings, a schedule of A.A. events, the *High Sobriety* newsletter, and links to other A.A. web sites,
- ❖ We maintain a library of A.A. speaker CDs which are available for rent for a nominal fee.
- ❖ We publish the newsletter, *High Sobriety*, sent at no charge to all registered San Mateo County A.A. groups and available by subscription to all A.A. members. Faithful Fivers receive a free copy as well.

Who pays for our Central Office? We, the members of A.A., do. Our Seventh Tradition states that we are self-supporting through our own contributions. Central Office also receives donations from individual alcoholics (such as through our Faithful Fivers program). Other sources include our annual anniversary party and income from the sale of A.A. literature.

**Central Office is CURRENTLY open MONDAY AND FRIDAY from 8:30 am to 4:30 pm**

## Become a Faithful Fiver

Pledge \$5 per month (or more) to support your Central Office. You can pay monthly, quarterly, or annually. Your personal contributions make our vital services possible.

Call (650) 577-1310 Monday-Friday between 8:30 and 4:30, or stop by Central Office to enroll. All Fivers receive a copy of High Sobriety!



five



## Does your Group have a Central Office Delegate?

All groups should! As a delegate, you attend a monthly meeting to learn about everything currently going on in our fellowship. You then report these things back to your group. You are also your group's voice in some of the decisions made in the fellowship. Only about 10% of our groups currently have a Central Office Delegate. Volunteer to be your group's now!



## Birthday Club



If you'd like to have your birthday listed in High Sobriety (some members contribute an amount for each year of sobriety), please send your donation, with your name and city, number of years of sobriety, sobriety date, and phone number (optional) to Central Office.

**Julian T 17yrs South San Francisco**

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## Happily Giving

**Oh, what a bag of goodies we have to share once we get sober.**

Before I came into the rooms of AA, I was absolutely clueless on what the word God meant. That's why I drank to oblivion. I had no answers to this thing called life, so I figured I might as well drink away the pain of "not knowing."

I tried to find God in so many ways. I was raised Catholic. But growing into my teens, I would party with my friends on Friday and Saturday nights, then go to communion on Sunday, be forgiven and do it all again the next week. This didn't work for me.

I became a Christian and decided that Jesus was my savior and that I was born again. I studied the Bible with a beer in hand, then started questioning the treatment of the aboriginal people and their shamans. How could God send them all to hell just for not reading the Bible and for loving the earth? This didn't make sense to me. So I placed my Bible on the shelf.

I started studying Shamanism. I bought a medicine bag that I wore around my neck and decided I was going to "heal the world." What was really cool about being a shaman was that some used peyote in ceremony and if that was acceptable, surely alcohol was OK. I performed many ceremonies under the influence. Using crystals, I would dance naked around a map of the earth, imagining I was healing the world, only to wake up hungover and unable to remember taking my clothes off!

I then decided I'd be more practical. It was the year 1999 and I started preparing for Y2K and the end of the world. I packed buckets of food and stored gas. I waited for martial law but nothing happened. I was wrong. So I kept drinking. Having tried everything to find God, I finally ended up just turning to alcohol. I slept with cans of beer on my living room floor all through the night. When I couldn't stand the pain anymore, I walked into the rooms of AA.

It is here where I had my first real spiritual experience, when a woman gave her time to sit with me, listen to me and help me read and underline the Big Book. That experience of a human being giving time to this stinky drunk with DTs was how I found God. God loved me through her—my first sponsor.

Since then, I have found God in the rooms of AA. Some call God a "Group Of Drunks," and that is true to me. I see God in others.

Christmas season is here and I'm reminded that some people have a Santa Claus God. They ask him for things and expect God to fulfill their expectations. I see this differently. I see it as giving service in AA. Giving our presence, or making coffee, or sponsoring others, or serving in a group position—all these are gifts

that money can't buy. Santa Claus is a giver. That's why he's so happy all the time.

In the program, instead of asking for what we want, we learn to give what is needed of us. We become a Santa Claus God—giving the gift of sobriety to those we can help. What a bag of goodies we have to share. What miracles we get to watch as our gifts are opened and used by newcomers who attend their first meeting.

When we forget ourselves and make other people more important, we disappear into a giving that becomes selfless. In giving, we receive happiness and a very merry holiday season.

Brenda M. | Boise, Idaho

Grapevine, December 2016



## A.A. Around the World

### Early AA in the Cariboo Mountains

**A big game hunter accepts that he is powerless over alcohol and becomes the first member of AA in a remote area of British Columbia.**

I'm sure my father would have classified himself as "the hopeless variety" alcoholic. He had some choice vocabulary for the more politically correct terms we use today. We won't go into them here but suffice to say he had some practical experience with the disease considering that his entire family were either still practicing or dead as the result of it. "Recovery" did not exist in the interior of British Columbia in the 40s, so folks of his persuasion were not exactly looking for a cure. Instead, they were doomed to a pitiful and incomprehensible life followed by a demoralizing death or worse yet, incarceration at the ever looming institutions for mental health or jail. I think that must be why he had to laugh at the suggestion by his long-term client that it could be otherwise.

My parents had built themselves a storybook hunting lodge in the remote Cariboo region of British Columbia and had successfully developed a reputation in the U.S. for trophy-hunting—mostly grizzly, deer and moose. It was a Seattle client and his friend who'd been coming to our lodge for many years who finally asked my father the important question, "Do you think you

have a drinking problem?" He quickly assured them that he was not completely blind and admitted not only to the present problem but the future one as well. No one in his family had ever gotten sober and so there was definitely no hope for him.

All that they had built and that my mother and he had dreamed of was moot. Although we had the kind of childhood most people only fantasize about, it was only a matter of minutes and it would all vaporize like the rye whiskey he loved to drink. Dad was dark and handsome, quiet and strong—capable of killing grizzly bears on demand but braiding my hair every morning before school. Mom baked bread every day, served her famous Moose stews for 20 across freshly ironed linen tablecloths with sparkling sterling silver and fresh wild flowers. She looked like a 40's movie star but it was her practical wisdom and Swiss precision that their American guests fell in love with. Life was ideal for us all except for that niggling little question the hunter had so quietly asked. "Do you think you have a drinking problem?"

"Define the word problem," I might have said if someone had been so forthright with me. That my father disappeared for weeks with no memory of where he'd been, that he left his wife and children in 40 below temperatures with not enough fuel or food, ... those might have been "problematic" if my mother wasn't so good at covering and so sure that one sober New Years party meant that, "It was all behind them." They had been married twelve years and she still thought she could change him. She knew she would never leave him. The long stretches of sobriety convinced her that he was the husband and father every woman dreamed of.

Dale A. and Stewart R. were the two American hunters and Dale had read in a magazine that there were a group of sober alcoholics meeting in Akron, Ohio. He was fascinated by the combination of those two words side by side: sober and alcoholic. It must have been quite a concept because he immediately wrote a letter to Bill W. and Dr. Bob to see if he could get more information. Within a week, Dale had a letter back! It described in detail how it worked. He probably got a book, too. He then started the very first meeting of AA in the Seattle region. It exists still today and is known as "Group One." He was also able to carry that same message to my father, the alcoholic, who was still suffering. In doing so, Dale gave at least three generations of a very large family, the gift of sobriety. I'm convinced it is only the beginning.

So Dale A. and Stewart R. returned to Seattle, recognizing in my father the disease that they had been so mercifully relieved of. They definitely saw the progression from year to year. They likely related to the skepticism of their Canadian guide as he laughed at the

ridiculous prospect of ever being capable of living without booze in this lifetime.

Hunting season closed that year and the fall turned to winter in 1954. My parents 5th child arrived, another child died, and a parcel showed up at the post office from Seattle. In winter months, we lived in our town house so we could be close enough to a school to attend on a daily basis. It was quiet and dad volunteered. He flooded the local hockey rink all winter, danced the two-step in his dressy cowboy boots every chance he got, and walked to the post office every morning to play crib with the post master, have a little snort of rye and oh yeah, pick up the mail.

I can't imagine what he thought when he opened the plain brown wrapper on that particular box but I'm pretty sure it was met with immense curiosity because he sat right down that day and began to read and he read and he read all that day and all that night too. He was still reading when my mother got up the next morning. His words to her were, "I never have to drink again." That was 1954 and his only meetings for the next eight years would be the "loner letters" he received from "Group One" in Seattle.

My own first meeting was in that same house as I hid in the kitchen and listened to a group of my father's peers share their experience strength and hope with each other. It was at this same time in my life that I set up my own little bar in some unfinished construction on the basement stairwell. I had small bottles of every variety and brand of booze I could lay my hands on and it was not unusual for me to go there alone after school and have a couple of social drinks. My father was getting sober and my alcoholism was just budding.

Of my six siblings, only two escaped the disease of alcoholism: the sister that died at three years of age and the one that was born on that very same day. She is not at fault. She seems to have born that way. An older brother died driving drunk at 25 while I dragged my drinking out until I was 35 and was the first of my generation in the family to get sober. My father died at 29 years sober, just a short time before his first child would walk through the doors of Alcoholics Anonymous. I was given his original Big Book by my mother right after I got sober and it has since been passed to two more of his sober children and three of his grandchildren. My oldest daughter jokes that while most families pass the family Bible down from generation to generation, in ours you better watch out for that Big Book when it starts coming your way.

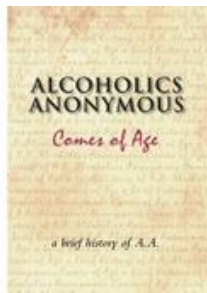
I write this little history for all those who are sober and waiting for the miracle to happen to their loved ones. I write it for the newly sober alcoholic that wonders if they are making a difference, for the sponsor who thinks he's wasting his time on one of the "hopeless variety," for the countless practicing



alcoholics that know for certain that their fate is sealed and they will live out the legacy of past generations, dying a lonely and demoralizing death. I write this to express my gratitude for my sober children, Alcoholics Anonymous, Dale A. and Stewart R. and my creator for lining those two hunters up with that particular game guide 53 years ago. To all of them, I owe my magnificent life.

Buster H. | British Columbia  
Grapevine, August 2011

## BOOK OF THE MONTH



### Alcoholics Anonymous Comes of Age

Bill W. tells the story of how the A.A. Fellowship grew, from its beginnings in New York and Akron to its spread across the country and overseas. Through the lens of the Three Legacies of Recovery, Unity and Service, Bill explains how the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service evolved. Closing chapters share the perspectives of early "friends of A.A.," including Dr. Silkworth and Father Ed Dowling. With 16 pages of archival photographs.

General Service Conference-approved.

Hardcover

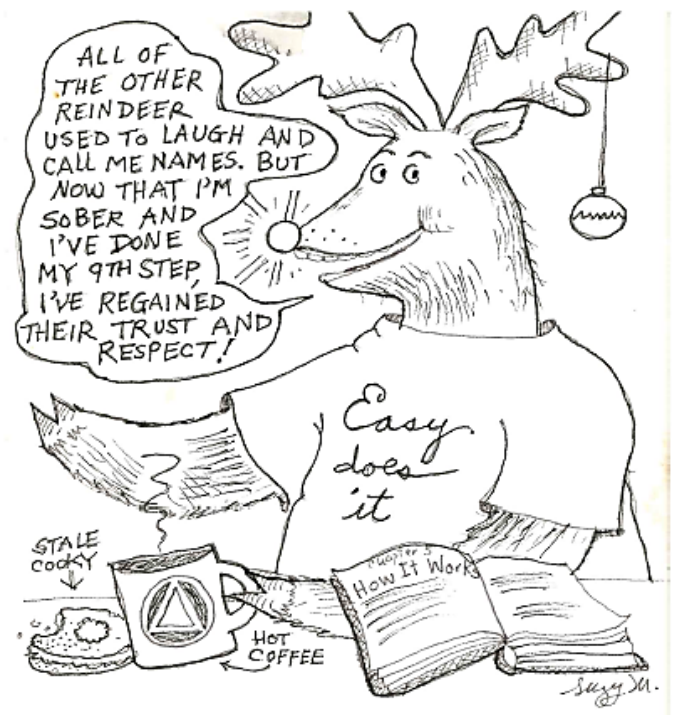
5.5" x 8.25"

352 pages

**Alcoholics Anonymous Comes of Age** is available for purchase at a **special price of only \$10** through the month of December at our Central Office.

## Central Office Zoom Account

Central Office now has its own Zoom account with multiple licenses. This means that any groups who are on personal licenses or those given out by Zoom at the beginning of the shelter in place may opt to move their meeting to the Central Office account. What are the benefits to moving? Being on the Central Office account means the meeting is not tied to a specific person's account, which makes passing on commitments much simpler. Also, some groups are now opting to stay on Zoom, even once meetings are largely in person again, and using the Central Office account makes this an easier way to do so. If your group is interested in moving to a Central Office license, please contact Don C. at Central Office.



## **District 05 General Service Update**

District 05 Elections for Panel 71 (2021-2022) were held November 17. The long form of Tradition 9 states: "Rotating Leadership is best." We prepare for this spiritual practice of rotation with elections during the month of November in the second year of the panel to allow ample time for our outgoing service workers to "pass it on" to the incoming elected service workers. This can be thought of as a variation on the 12<sup>th</sup> step within General Service, sharing experience, strength, and hope on the position to set up our trusted servants as best we can.

Despite some obstacles presented with virtual AA, participation within General Service remains strong - our district was able to fill many of the open service positions. I would like to thank all those who made themselves available and welcome our incoming District Officers and District Committee Members:

### **District Officers**

District Committee Member Chair – Sarah B.  
Alternate District Committee Member Chair – Michelle B.  
Treasurer – Chris M.  
Registrar – Julie M.

### **District Committee Members**

Subdistrict 3 (San Bruno, Millbrae) – Ted B.  
Subdistrict 4 (Burlingame, Hillsborough) – Nelson T.  
Subdistrict 5 (San Mateo, Foster City) – Brent M.  
Subdistrict 6 (Belmont, San Carlos) – Michelle B.  
Subdistrict 9 (South Coast Region) – Noel E.

There are ways to get involved for those with any level of General Service experience. These past few years serving the district have brought unexpected spiritual growth that I'm confident will benefit all aspects of my life moving forward. Simply answering honestly when asked whether I was "available" to serve has led to a host of friends and memories that I will cherish. District 05 is full of people with a passion for AA who are willing to go above and beyond to serve our groups and fulfill our primary purpose.

All are encouraged to check out what General Service has to offer, please reference Central Office's website for most current virtual scheduling and login information. To learn more about getting involved within General Service and open positions, please speak with your General Service Representative or anyone currently involved. I'm sure they would be happy to share their experience.

Respectfully,

*Matt D.*  
*(Outgoing) District Committee Member Chair*  
*District 05 – San Mateo County*

**San Mateo County Fellowship of Alcoholics  
Anonymous Delegates Committee Meeting Minutes  
November 3, 2020  
This was a Zoom meeting, ID: 843 4248 4626**

The meeting was opened at 7:30 p.m. with the Serenity Prayer.

Delegates must sign in; new business must be submitted in writing.

Mike W lead the meeting as Michelle B was excused.

Cathy C. read the Twelve Traditions; and Colleen G. read the Responsibility Statement.

**Minutes:** The October 6, 2020 minutes were reviewed and approved.

**New Delegates:** Michal H. representing the Tuesday Noon Belmont meeting

**A.A. Birthdays:** John Roney 3years,

**Financial Report:** The October financial report was reviewed and the following corrections were made: Individual donations were \$9280.00 and the Covid 19 – 7<sup>th</sup> tradition should be \$534.09. The financial report was approved as corrected. Remember when money sent in by groups or personal donations to include the group names so that they can be credited.

**SERVICE COMMITTEE REPORTS**

**Bridging the Gap:** Ted B reported, Our monthly business meeting, on the 1st Monday of the month @ 7:30pm, is now held on 'Zoom'.

Our weekly presentations @ Palm Ave. Detox have been suspended due to covid19 constraints &, until they have installed the equipment necessary for them to resume via 'telehealth', we have introduced an interim program whereby releasees can be connected by phone to a BTG volunteer/guide to 'Zoom' meetings. We have reached out to Social Workers @ Kaiser, So. S.F. & other recovery / treatment facilities in District 5 to introduce these alternatives.

**General Service:** Matt D., the General Service District Committee Member Chair reported. Recently we had our end of panel workshop. We used the breakout rooms feature on zoom and shared on relevant service topics like welcoming newcomers, or building understanding on motions – and we took the time to share on what we did well and ways we can improve moving forward. Left full of ideas to pass on to the next district officers, I'm hopeful we will see some updates in the following areas:

Literature and resources available from the district  
Welcoming new service workers

Future Events

We Elected 5 out of 9 District Committee Member positions.

This month will be elections for district officer and other District service positions. We'll also discuss the spiritual significance of passing on service positions and some effective ways to do that given the current obstacles.

Our last Area Assembly of the Panel – the virtual election assembly – will occur this Saturday. We'll be voting for the Area Officers of the upcoming Panel 71.

**Grapevine:** Due to current situation for health reasons the 2020 Grapevine and La Vina issues will be free. Visit the website: <http://www.aagrapevine.org/we-are-here-to-help>  
**Hospitals & Institutions (H&I):** No new information this month per Lori C.

**NCCAA (Northern California Council of A.A)** No report  
**PENYPAA (Peninsula Young People in A.A.):** No report  
**PI/CPC (Public Information/Cooperation with the Professional Community)** Bret M reported that the October 20 was attended by six members. The committee continues to reach out to radio stations to get the AA Public Services (PSA) aired. An information sheet on AA is being sent out to professional. The next Business meeting will be November 17, 200, at 6:30pm

**CENTRAL OFFICE COMMITTEE REPORTS**

**Advisory Committee:** No report

**Alkathon:** Becky reported that we have a new web site is going great and we are moving forward with Zoom Alkathon and if you still want to volunteer you can to the website and sign up we always can use help.

**Teleservice:** Eden S. reported We have a few open front line shifts and over 20 open back line shifts. The function of the back line volunteer is to make sure the phone line is transferred to the correct person and to support the front line if a call runs long. The requirements to volunteer for Teleservice are one year of sobriety, a working knowledge of the steps and a working telephone. The Sunday daily coordinator position is also open. The requirements for that position are 2 years of sobriety and a current or previous Teleservice shift. To be of service, please contact Erin S., Information Chair at (408) 431-4365 or Eden C., Chair at (650) 868-1116.

**Trusted Servant Workshop:** Bob reported that the Trusted Service Workshops are set up for Saturday November 7, 1-3pm and Sunday November 15, 1-3pm.

**Anniversary Party:** Cancelled for 2020

**Spanish Central Office:** No report.

**Sunshine Club:** Karen A. reported that there is no new information and that last month's report is up to date. They are not doing in person meetings but on-line meetings or calls are going on. The Sunshine Club is always looking for energetic AA Members that are interested in participating and ready to be of service when needed. Please call Ed V. if you need help Coordinator at (650) 222-5582, for more information or e-mail [aa@aa-san-mateo-org](mailto:aa@aa-san-mateo-org).

**Central Office:** Don C. our central office manager reported Zoom meeting available through the Central Office. Call Central Office to get the form for the meetings. The next two meeting dates will be changed, December 8, and January 12 (election).

**Old Business:** None.



**Central Office Delegates Meeting Minutes, cont.**

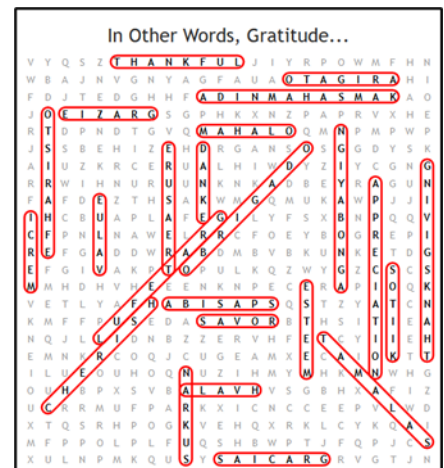
**New Business:** None

**Central Office Activity**

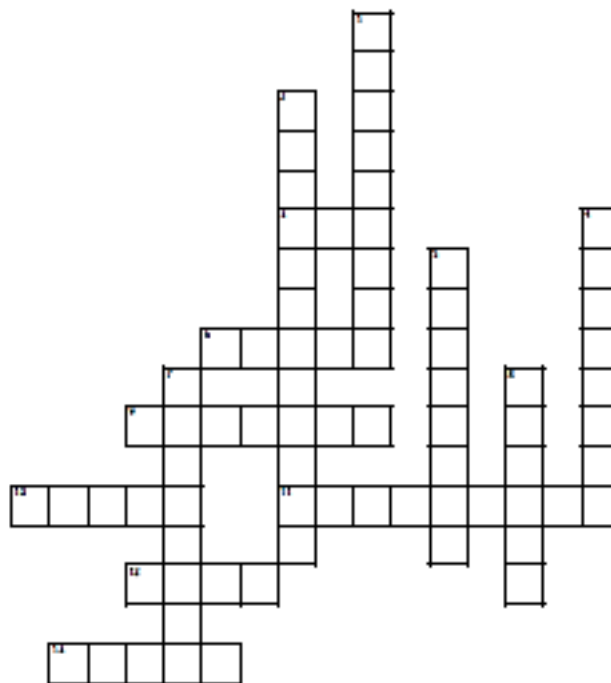
12 Step calls 4 Office Visits 34  
 Phone calls for information 148 WebHits 10,710  
 (Note: The above calls were answered during regular business hours)

**Meeting Adjourned:** 8:06 p.m.

**The next meeting will be held on Tuesday December 8, 2020**



# Sober Holidays



**Across**

- 3. Be very careful about what you \_\_\_\_\_ and drink. Alcohol doesn't come only in a glass or a bottle.
- 6. If at a party you suddenly feel overwhelmed by temptation, \_\_\_\_\_ immediately. Do not try to test yourself.
- 9. Be of \_\_\_\_\_ to your community
- 10. Make sure your \_\_\_\_\_ is filled with the numbers of AA members and call them frequently to stay in touch.
- 11. Reach out to \_\_\_\_\_.
- 12. Keep a beverage in your \_\_\_\_\_ during a party so you will not constantly be asked if you want a drink.
- 13. Remind yourself every day how good it feels to be \_\_\_\_\_.

**Down**

- 1. Make a \_\_\_\_\_ list.
- 2. Keep your \_\_\_\_\_ realistic, so you don't set yourself up for an emotional letdown
- 4. Keep up your recovery routine. Don't skip your regular \_\_\_\_\_.
- 5. Go to the \_\_\_\_\_, meetings around the clock during the holidays.
- 7. Bring your own \_\_\_\_\_.
- 8. Don't get hungry, angry, \_\_\_\_\_, or tired.

**SAN MATEO COUNTY FELLOWSHIP INCOME STATEMENT  
NOVEMBER 2020**

	<u>NOV</u>	<u>Total YTD</u>		<u>NOV</u>	<u>Total YTD</u>
<b>Income</b>			<b>Operating Expenses</b>		
Birthday Club Contributions	25.00	1,258.51	Accounting Services	57.00	941.79
Book sales	396.07	7,592.04	Books Purchased	0.00	9,201.07
Central Office Annual Party	0.00	1,353.82	Chips	94.65	759.06
Chip sales	87.11	1,217.89	Central Office Annual Party Exp	0.00	500.00
Delegates Collection	0.00	172.00	Central Office Insurance	0.00	1,462.47
Faithful Fivers	438.88	5,493.89	Credit Card Charges	9.59	140.53
Group Contributions	10,635.83	80,213.35	Employee Insurance	260.00	2,868.00
High Sobriety Subscriptions	12.00	86.00	Miscellaneous	0.00	0.00
In Memoriam	210.00	210.00	Office Equipment Lease & Maint	326.85	3,616.13
Individual Contributions	720.00	24,230.00	Office supplies	371.90	2,882.42
Interest Income	0.00	0.00	Outside Services	0.00	122.34
Other	0.00	116.95	Postage	109.50	959.00
Printing	20.00	91.50	Rent	1,386.00	15,536.00
Sales Tax on Books & Chips	50.72	924.81	Salaries	4,065.86	43,604.45
Tax Refund	0.00	107.02	Sales Tax on books	0.00	1,200.03
Covid 19 7th Tradition	816.77	12,497.61	Taxes (Payroll)	1,719.11	18,257.62
			Telephone & Tech	446.55	2,661.83
			Telephone Advertising	0.00	0.00
<b>Total Income</b>	13,412.38	135,565.39	Teleservice	151.00	1,661.00
<b>Less Expenses</b>	8,998.01	106,373.74	Travel Expenses	0.00	0.00
			Web Services	0.00	0.00
<b>Net Income (loss)</b>	4,414.37	29,191.65		0.00	
<b>Starting Balance</b>		58,902.52			
<b>Plus Net Income/Loss</b>		4,414.37	<b>Total Operating Expenses</b>	8,998.01	106,373.74
<b>Ending Balance</b>		63,316.89	<b>Net Income (loss)</b>	4,414.37	29,191.65
<b>TOTAL PRUDENT RESERVE</b>		50,088.77	<b>2020 Year-to-Date Summary</b>		
			Year-to-Date Income		135,565.39
			Year-to-Date Expenses		106,373.74
<b>TOTAL CASH POSITION</b>		113,405.66	Year-to-Date Net Inc/(Deficit)		29,191.65



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